

WELCOME



Estimation of Vitamin D levels among physicians working in a tertiary level hospital of Bangladesh.



Introduction

Vitamin D regulate calcium and phosphate levels.

Synthesis,

- skin after ultraviolet radiation exposure
- diet to a less extent.

Vitamin D deficiency---

elderly, children, adults, Over one billion people, worldwide.

Vitamin D deficient---20% to 80% of
US, Canadian and European men and women.

Introduction

- ❖ South Asia,
 - Deficient--- 80% in apparently healthy population.
 - Severely deficient--- 40%
 - Eastern India in Kolkata, West Bengal, more than half of population.
 - Deficiency---less than 20 ngm/dl
 - Insufficiency---21-29 ngm/dl

Methodology

- ❖ The cross sectional descriptive study.
- ❖ Place: **MMCH**
- ❖ Duration: **January 2018 to June 2018.**
- ❖ Study population: **102 doctors.**
- ❖ Data collection: **Purposively.**
- ❖ Informed written consent.
- ❖ Data analyzed by **SPSS version 20.0.**



RESULTS



Table 1: Characteristics of the subjects(n=102)

Variables	Frequency	Percent(%)
Age group(years)		
21-30	15	14.7
31-40	33	32.4
41-50	29	28.4
51-60	25	24.5

Figure 1: Frequency of Gender, n=102

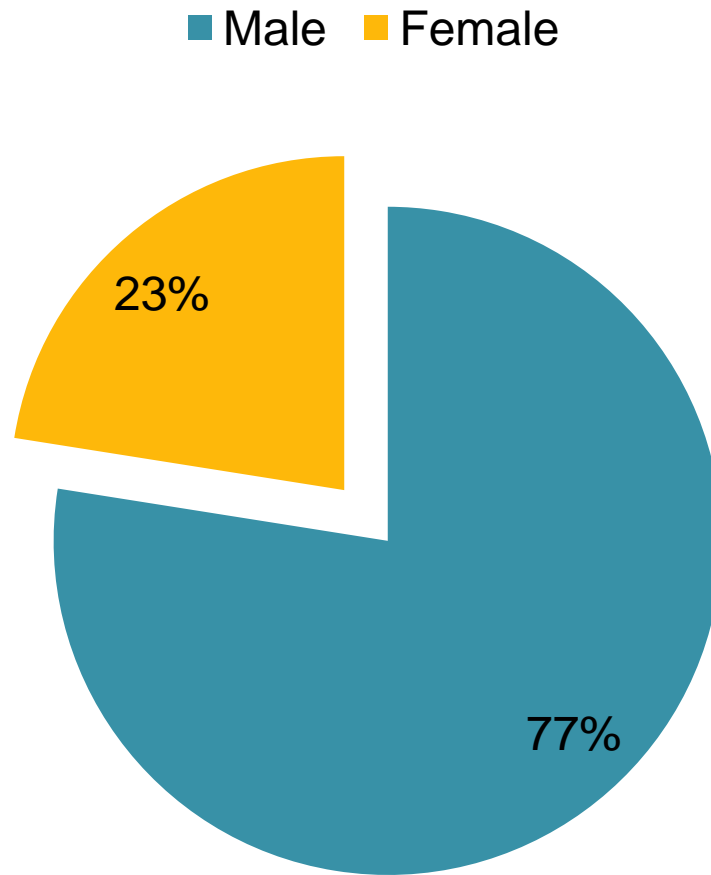


Figure 2 : Skin complexion, n=102

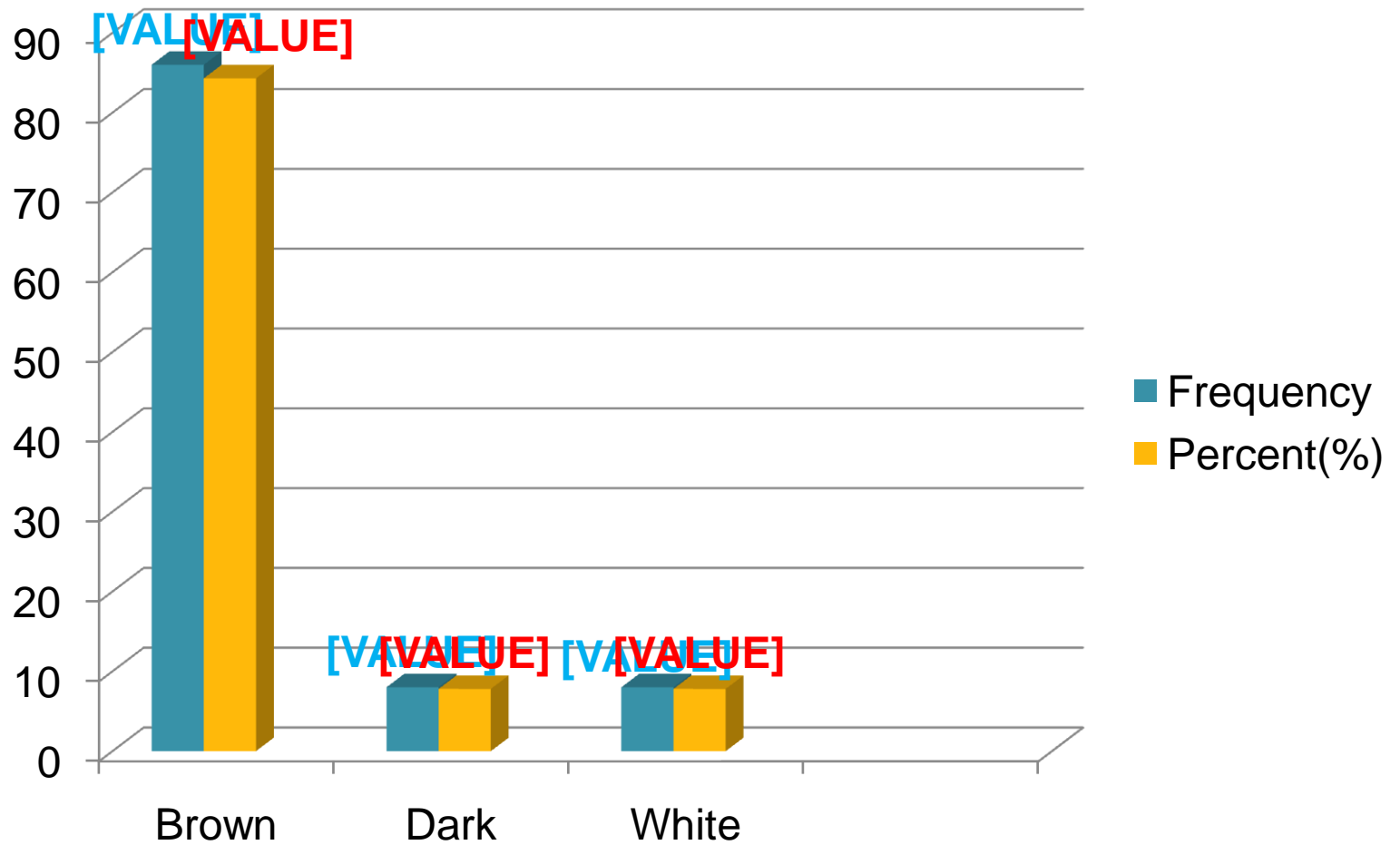


Figure 3 : Physical activities, n=102

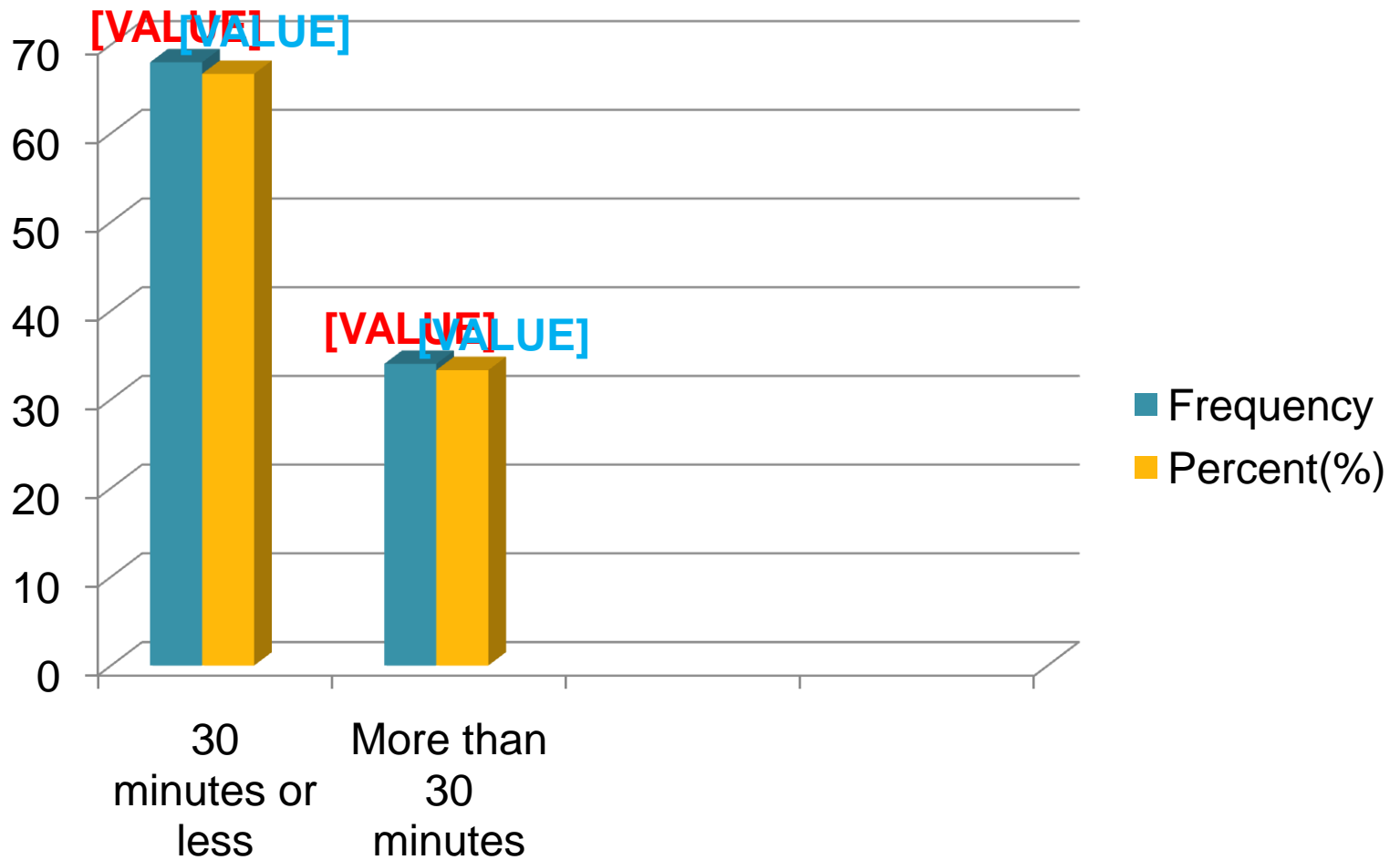


Figure 4 : Exposure to sunlight, n=102

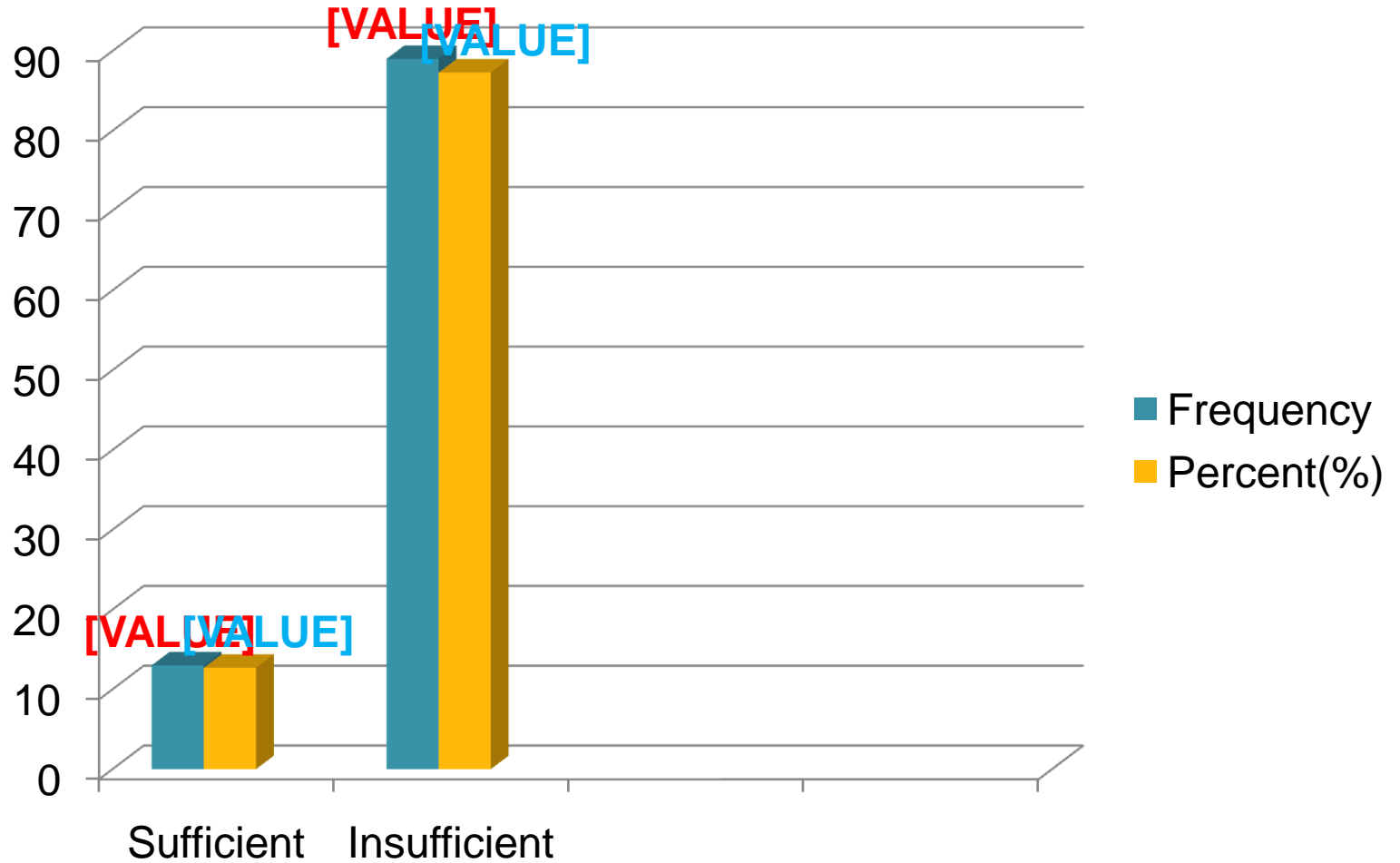
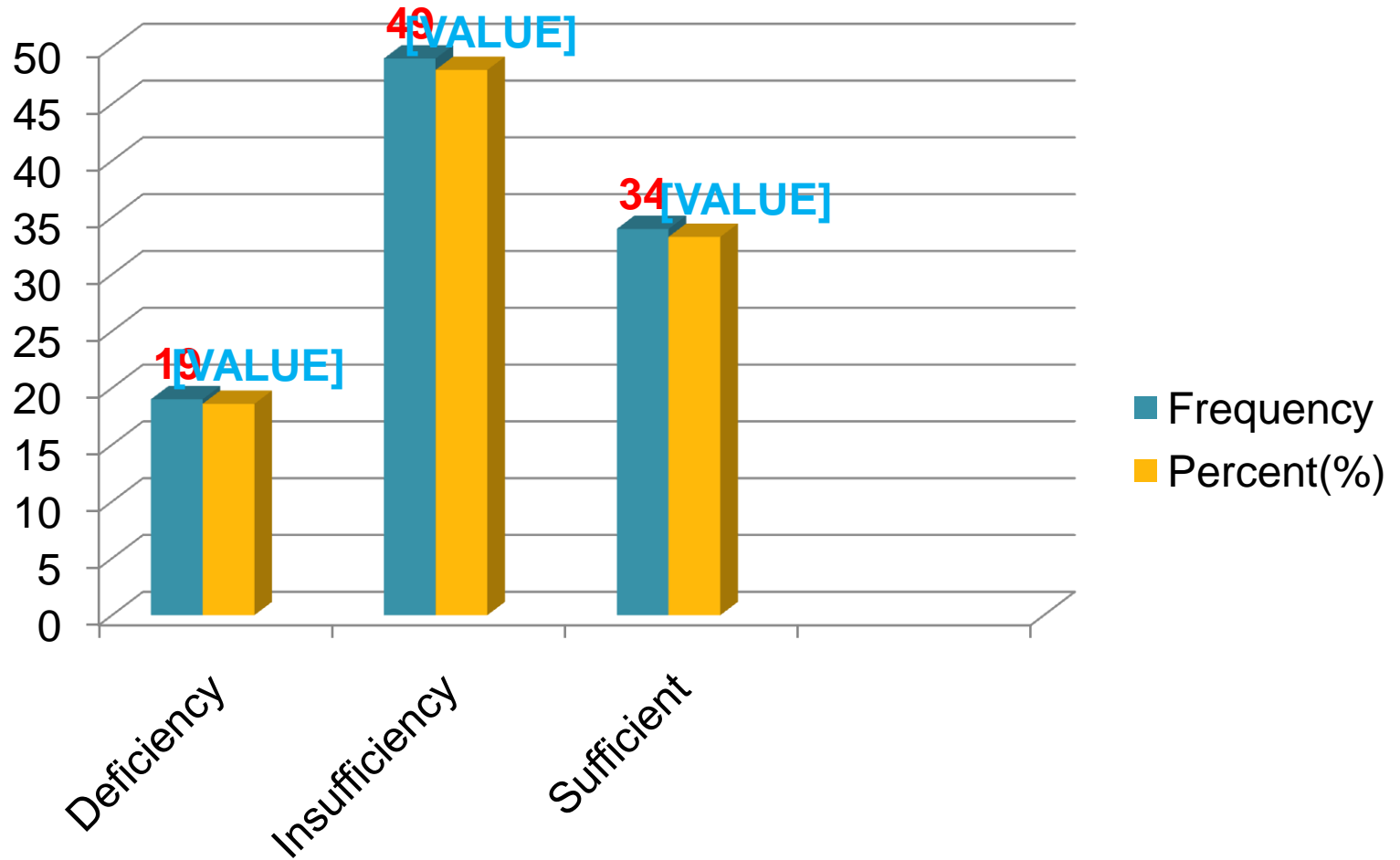


Table 2: Co-morbidities, n=102

Variables	Frequency	Percent(%)
LBP	70	68.6
Dyslipidemia	56	54.9
Hypertension	32	31.4
Fatigue and Tiredness	21	2.6
Diabetes mellitus	16	15.9
Depression	14	13.7
Joint pain	13	12.7
Muscle pain	09	8.8
Muscle weakness	05	4.9
Bone pain	03	2.9
Chronic Heart Disease	01	0.9
Asthma	01	0.9

Results: Vitamin D Deficiency (n=102)



Discussion

- Doctors of Bangladesh are vulnerable for the deficiency of Vitamin D.
- Vitamin D deficiency ---19 (18.6%)
- Insufficiency---49 (48.0%)
- Sufficient---34(33.3%)

Discussion...contd

- University Hospital in San Juan, Puerto Rico
- Hypovitaminosis---88.2%;
- Deficiency---43.1%
- Insufficiency--- 45.1%

Discussion

- Study in **NITOR** reveals,
- Insufficiency---8.3%
- Deficiency--- 89.8%

- **Mymensingh Medical College Hospital**
- Insufficiency---48.0
- Deficiency---18.6

Conclusion

❖ Deficiency or insufficiency--66.6%

❖ How to overcome?

- Exposure to sufficient sunlight,
- Adequate dietary intake
- Vitamin D supplementation

Sunlight : The power for vit-D synthesis



THANK YOU

